

Finding Your Way Through Confusion.wma



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Finding Your Way Through Confusion Without the power of prediction, confusion is something we all deal with at any crossroad. Unsure of which choice or direction is best for us without a guarantee of the outcome, requires us to use our intuition. We have all heard the expressions Follow your heart or Follow your gut instinct. Subconsciously we are aware of the choices that are best for us, but this awareness can get lost in the fog of self-doubt, ego, fear or by relying too much on logical thinking. That does not mean we should all run around acting irrational of course, it simply means that true happiness, fulfillment, completion and the life altering events that helps us achieve these states of bliss are often found by taking a path that is led by your intuition and not your intellect. Intellect is used to handle the material aspects of how the world works, in order to help the deepest desires of the soul manifest into our lives. In this meditation our goal is to help you tap into your intuition, your subconscious, your higher self in other words the part of you that knows what your unique individual needs, desires and purpose truly are. The inspiration behind the imagery used for this exercise is snow. The silence of it, yet so visually stimulating helps clear the mind of clutter to allow for the inner voice to be heard. Its white color is purifying to assist you in releasing all the overwhelming contamination of over-thinking. White also provides an unimposing backdrop to allow your subconscious to project a clear image of what your intuition has been trying to tell you all along. For this exercise think of an issue or an area of your life that you are confused or undecided about. Enter the mediation knowing the topic you need guidance on. Then forget it and put it aside, and begin your meditation. It is especially important to keep a journal . Record the issues and dilemmas before beginning. Then write down your results and any feelings associated with that result. It serves as a good reminder in case the fog starts rolling in again.

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